There are two ways New Yorkers living in rent-regulated apartments can **freeze their rent.**

- **Rent-stabilized apartments:** The New York City Rent Guidelines Board voted for a 0% increase for one-year renewal leases and no more than a 2% increase for two-year renewal leases between now and Sept 30, 2017.*
- **NYC Rent Freeze Program:** New Yorkers 62+, or with a disability, who earn $50,000 or less may be eligible for an even longer rent freeze.

To learn more about the Rent Guidelines Board's decision or determine if you qualify for the NYC Rent Freeze Program, please call **311** or visit **NYC.GOV/FREEZEYOURRENT**
Please call 711 for relay service for deaf/hard of hearing.

*In some cases, other rent increases may apply.

NYC Department of Housing Preservation & Development

NYC Department of Finance

CONGELACIÓN DE RENTA EN LA CIUDAD DE NUEVA YORK

Catalina, Manhattan

Hay dos formas en las cuales los neoyorquinos que viven en apartamentos de renta regulada pueden **congelar su renta.**

- **Apartamentos de Renta Estabilizada:** La Junta de Regulación de Renta votó por un aumento de 0% en renovaciones de contratos de renta a 1 año y un máximo de 2% de aumento en renovaciones de contratos de renta a 2 años. Esta regulación está vigente a partir de hoy y hasta el 30 de septiembre del 2017.*
- **El Programa de Congelación de Renta:** Si usted tiene 62 años o más o tiene alguna discapacidad y sus ingresos son iguales o menores a $50,000, podría ser elegible para una congelación de renta a largo plazo.

Para aprender más sobre la decisión de la Junta de Regulación de Renta o para determinar su elegibilidad para el programa de Congelación de Renta de La Ciudad de Nueva York, por favor llame al **311** o visite **NYC.GOV/FREEZEYOURRENT**
Por favor, llame al 711 para el sistema retransmisor para personas sordas o con dificultad auditiva.

* En algunos casos, puede que apliquen otros aumentos a su renta.

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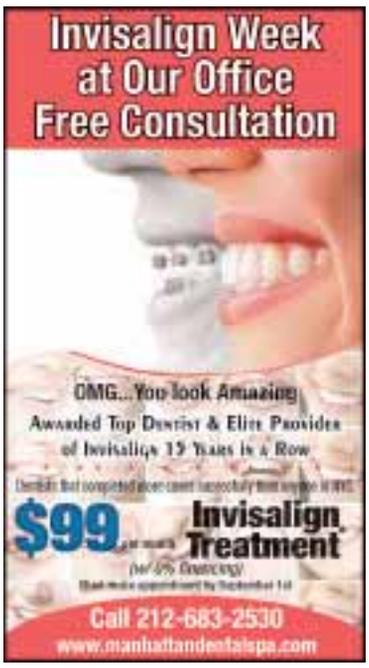
COUNTDOWN TO 'GILMORE GIRLS'

How to get hyped for 'A Year in the Life.' 24-25

Michael Moore isn't feeling optimistic. 21

NFL Power Rankings. 28



'TRANSIT DESERT'

Queens residents isolated by lack of subways. 2

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Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. What 90-year-old crooner is scheduled to perform at the 90th annual Macy's Thanksgiving Day Parade?

2. Where do the Jets land in this week's NFL Power Rankings?

3. What state did Michael Moore film "Michael Moore in Trumpland" in?

3 things you need to know

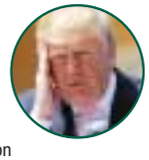
INSTAGRAM TO TEST NEW SHOPPING FEATURE

Facebook's Instagram said it will start tests next week on a shopping feature through which users can buy products from U.S.-based retailers via the photo-sharing app. Retailers will be able to showcase as many as five products in an Instagram post, and clicking on the various tags will give users more detail about the product than was previously available. Instagram has also added a "shop now" link on each product, which, when clicked, will redirect users to the retailer's website, where they can buy the product. The features are aimed at keeping Instagram users on the app for longer during their shopping experience than before, when they would have to exit the app to research and buy products. Instagram said it has signed up 20 U.S.-based retailers, including accessories and apparel retailer Kate Spade, menswear ecommerce company JackThreads and eye-wear maker Warby Parker. The feature will be available to select users of Apple's iOS-based devices within the United States from next week, Instagram said. REUTERS

US OFFICIALS SAY N. KOREA PREPARING MISSILE LAUNCH

2 North Korea is preparing to launch an intermediate-range ballistic missile in the next three days, Fox Business Network reported Tuesday, citing two unidentified U.S. officials. The Communist nation planned the launch for between 24 and 72 hours, the cable network reported. It would be the latest in a series of launches by the isolated country this year in violation of U.N. Security Council resolutions, supported by China, that ban all ballistic missile-related activities by the North. North Korea, which is under U.N. and other international sanctions for its nuclear and missile programs, has conducted repeated missile tests this year, the most recent Oct. 20. REUTERS

CHINA CRITICIZES TRUMP PLAN TO EXIT CLIMATE CHANGE PACT



3 China on Tuesday rejected a plan by U.S. Republican presidential candidate Donald Trump to back out of a global climate-change pact, saying a wise political leader should make policy in line with global trends, a rare comment on a foreign election. The world is moving toward balancing environmental protection and economic growth, China's top climate-change negotiator told reporters, in response to a query on how China would work with a Trump administration on climate change. "If they resist this trend, I don't think they'll win the support of their people, and their country's economic and social progress will also be affected," Xie Zhenhua said. Trump has threatened to reject the Paris Agreement, a global accord that takes effect Friday. It was negotiated by nearly 200 governments to battle climate change. REUTERS

Commuters move along a subway platform in Queens. GETTY IMAGES

As Queens continues to grow, so will its 'transit desert'

Despite more rapid population growth, Queens has the least amount of subway lines per 100,000 people than Manhattan, Brooklyn and the Bronx.

LEN MANIACE
@MetroNewYork
letters@metro.us

On a good day, Melissa Orlando's trip from Sunnyside, Queens, to her downtown job takes 45 minutes. Those good days, however, are as rare as Orlando finding a seat on the crowded 7 train.

"Sometimes you just can't get on the train because it's too crowded, so you wait," said Orlando, 43, a nonprofit worker and mom.

And that is just the start; on particularly bad days, the train creeps into Manhattan so slowly the commute can take 90 minutes, Orlando said. Fed up with delays, Orlando and a few fellow-commuters started a Facebook page, the 7 Train Blues, where passengers can commiserate about their wretched rides. It now has around 2,300 members.

Complaining about the subway is as much a part of life in New York as the subway itself, but Queens riders have particular cause to gripe. No borough served by the subway is shortchanged to the extent that Queens is. In fact, Queens Borough President Melinda Katz calls the borough a "transit desert." And with more construction cranes hovering over Queens than ever, commutes are likely to become worse before they get better.

> *"Sometimes you just can't get on the train because it's too crowded, so you wait."*
>
> Melissa Orlando

A look at a subway map shows large blank areas in eastern Queens and even neighborhoods closer to Manhattan. An analysis of city and MTA data shows that Queens ranks last in subway access. For instance, Queens has 81 stations, compared to Brooklyn's 170 and 148 in Manhattan. Only the Bronx has fewer stations, 70, but that borough has nearly 900,000 fewer people than Queens' 2.3 million and it's less than half the size.

Figuring in population, Queens has only 3.5 stations for every 100,000 people, compared with Brooklyn's 6.5 stations per 100,000, and 9.2 for Manhattan. When you factor in size — Queens is the city's largest borough geographically — the sparse nature of subway service becomes even clearer. Queens has 7.4 stations for every 10 square miles; Brooklyn, 23.9 stations; Manhattan, 64; and the Bronx, 16.7.

Queens also ranks last or near last in other comparisons: the number of subway lines, major transfer stations, and subway bridge and tunnel crossings into Manhattan, still most riders' destination.

What's more, since World War II, Queens is the most steadily growing of the four boroughs. Nearly 800,000 more people now live in Queens than in 1950, while Brooklyn, the Bronx and Manhattan have not climbed back to their 1950 populations. And Queens continues to grow. For instance, 104,000 people are expected to live in Long Island City by 2020, up from 29,000.

The simple solution would be to build more subways, but that's so expensive that the only planned expansion is along Manhattan's Second Avenue. Instead, piecemeal improvements are in the offing for Queens: ferries, buses, perhaps converting existing rail lines to subway service, as well as signal improvements allowing for somewhat more frequent trains.

"I don't think there is one answer. I think it's a combination of things that have to happen, individually, community by community," Katz said.

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Posting bail in NYC soon will be as easy as posting on Facebook

The city is moving toward a system that allows online and by-phone bail payments.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

EMMANUEL DUNAND/GETTY IMAGES

Getting out of jail in New York City will be a little easier thanks to online and by-phone bail payment options now being designed.

People who find themselves behind bars in the city frequently have to wait several days in jail for someone to travel to Rikers Island or another correctional facility to make the cash payment. As defendants are considered innocent until proven guilty in the U.S., those extra days of incarceration are considered unconstitutional by the standards of the Department of Justice.

The new system to simplify and expedite the process by making bail payment possible online, by phone or at a kiosk is expected to be unrolled by spring 2017.

"This is a welcome change that seems basic but could make a big impact and even save lives," said Manhattan Borough President Gale A. Brewer. "The fact that we haven't already fixed this boggles the mind."

A report made by the city and the nonprofit Center for Court Innovation estimates that the obstacles to paying bail results in 12,000 unnecessary jail stays a year. Only 10 percent of people are able to pay the cash bail at arraignment, but 30 percent pay it within a week of arraignment. This suggests that many people have the cash but not the means of accessing it because of inefficiencies in the current system, the report found.

Some of the research also suggests that even a few extra days in jail are directly correlated to crime recidivism.

"Nobody with the ability to pay bail should sit in jail just because the bail process is an inconvenience," said Mayor Bill de Blasio in a news release. "Family members and friends will be able to avoid long lines and traveling during business hours by paying bail online, by phone or at a kiosk in the courthouse — finally bringing the bail payment process into the 21st century."

The city is completing contracts with a company specializing in online payments to design a system that is easy to navigate and track for statistical purposes. The project is part of a bigger initiative by the city called Bail Lab that aims to simplify and improve the city's bail system and reliance on cash money.

Other improvements already initiated through Bail Lab include the installation of ATMs in every courthouse, efforts to reduce fees associated with paying bail, as well as a first-of-its-kind comprehensive online manual to the city's bail system.

BRIEFS

Report: Rodents in restaurants are top complaints of NYC diners
New York may be one of the world's greatest cities for dining out, but that doesn't mean that every restaurant is up to par.

The number of restaurant complaints to the city's 311 call center rose for the second year in a row, the New York post reported.

There were 10,373 restaurant-related grievances called in during the fiscal year that ended June 30, an increase of 1,720 over the previous year.

The No. 1 complaint, registered by 2,832 callers, was seeing rodents, insects or garbage inside a restaurant, an increase from the 2,213 calls received last year.

There were nearly 1,000 complaints about spoiled food, 775 about bare hands touching food and 676 diners said they found a non-food object, such as plastic or hair, in their food.

NIKKI M. MASCALI

Police nab screwdriver-wielding rape suspect
A man who allegedly held a screwdriver to a Manhattan woman's neck while he raped, then robbed her has been taken into custody, police said Tuesday.

The victim, 26, discovered Yenson Reyes, 35, inside her apartment in Inwood when she returned home Sunday night, police said.

Reyes allegedly told the woman "I will kill you" if she didn't keep quiet and held a screwdriver to her throat, sources told the New York Daily News. He sexually assaulted the victim at least twice and fled with a MacBook, iPad, cellphones and cash after using nylon to bind her hands together, investigators said.

Reyes faces robbery, burglary, criminal sex act and unlawful imprisonment charges, police said. Prior to the assault, he also robbed two cab drivers near his Inwood home, they added.

Reyes is also facing charges for a similar incident near West 212th Street and 10th Avenue in which he is accused of sexually assaulting a woman and 17-year-old girl at knifepoint on Oct. 6, sources said.

NIKKI M. MASCALI

23 cent New Jersey gas tax hike takes effect

MIKE MOZART/CREATIVE COMMONS

Driving through New Jersey just got a little worse.

The 23-cents-per-gallon gas tax hike took effect in New Jersey on Tuesday, and New Jerseyans are expressing their dismay for Gov. Chris Christie's scheme to raise state revenue for transportation projects.

"There better not be one damn pot hole in NJ with this gas tax," griped @KimB_Shwaaag.

The increase is the state's first since 1988, and for many years New Jersey enjoyed tax of only 14.5 cents per gallon, second only to Alaska's 12.25 cents. Drivers from Pennsylvania and New York frequently fueled up in the Garden State for significant (sometimes $1 or more) savings.

Now New Jersey's tax per gallon of gasoline is 37.5 cents, the sixth highest in the country.

Gov. Christie introduced the tax as part of a larger package announced in September to actually lower sales tax and phase out estate tax throughout the state and still meet rising expenses. The plan will raise $16 billion over eight years to fund road and transportation system work. The federal government will match that sum with another $16 billion.

"Christie is a THIEF Signed a huge tax increase that is burdening people who can least afford it in the GAS tax," tweeted @CHCmobile.

Overall, gas prices in NJ are expected to still be less than neighboring states, providing savings of 10 to 22 cents per gallon, projects Tracy Noble, a representative for AAA Mid-Atlantic who spoke to NBC New York. AMANDA MIKELBERG

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New York City school bus driver strike averted at 11th hour

Union officials managed to work out an agreement that involves city funding for health care.

AMANDA MIKELBERG
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amanda.mikelberg@metro.us

GETTY IMAGES

The New York City school bus driver strike scheduled for Tuesday that threatened the commutes of over 12,000 public school students was narrowly averted late Monday night.

The Teamsters Union representing 900 school bus drivers employed by Jofaz Transportation and Y&M Transit managed to work out a tentative deal with company managers about 90 minutes before their midnight deadline. If an agreement had not been reached, the drivers would have walked off the job Tuesday morning which they voted to do last week.

"We are pleased to report that Jofaz Transportation and Y&M Transit have reached a tentative agreement with their bus drivers' union and all buses will operate tomorrow as usual," Department of Education spokeswoman Devora Kaye announced following the intense meeting late Monday.

The drivers' demands included considerations for rising health care costs and diminishing paid time off. The agreement outlined during Monday's negotiations includes a provision in which the city will continue to provide medical insurance at no cost to the drivers.

The city had prepared for a strike by publicizing emergency transportation plans that would provide free MetroCards and reimburse driving and taxi expenses to students and parents.

"We are grateful to families and educators for their patience and support as we prepared contingency plans to provide transportation alternatives for students and families," Kaye said.

Egyptian parents of severely burned NY girl plead with feds to allow visit

The Egyptian parents of a New York-born girl severely burned in a kitchen gas explosion are pleading with the feds to allow them to visit her while she undergoes treatment, the New York Daily News reported.

When he could not find appropriate medical help in Egypt, Ibrahim Abdelhalim, 47, resorted to putting his critically burned daughter on an EgyptAir flight to New York where she could be helped. But because of previous visa violations, the parents have been unable to accompany their daughter while she undergoes painful and grueling skin grafting surgeries in the burn unit at Nassau University Medical Center.

GETTY IMAGES

The 16-year-old girl, Aiyah, who has burns on 45 percent of her body and who was screaming in pain during her flight "has suffered great psychological trauma," wrote her attending physician Dr. Louis Riiina in a letter to immigration officials.

"It would be in her best interest if her parents can be here with her as soon as feasible. It would greatly facilitate her care and would be an immense psychological boost for her," the doctor said.

The parents were barred from the U.S. for a decade after having overstayed their visas.

After recent interviews at the U.S. Embassy in Egypt they were denied emergency visas. And the application for humanitarian parole may take another four months to obtain.

"I understand we — me and her mom — broke the immigration law, but they [are] not punishing us, they [are] punishing an underage American child who's already suffering and in great pain," he told the Daily News.

"All the doors I knocked turn out to be locked," Abdelhalim lamented.

Aiyah's aunt and uncle have been by her bedside since her arrival in New York, yet they have three children and the situation has caused them much hardship, he said. AMANDA MIKELBERG

BRIEFS

Mom gets 20-year sentence for beating toddler

A Sunset Park mother was sentenced to 20 years in prison Tuesday for the 2014 attack that left her 2-year-old son paralyzed with permanent brain damage, acting Brooklyn District Attorney Eric Gonzalez announced.

After a non-jury trial, Yayun Weng, 30, was convicted on Oct. 11 of first-degree assault, second-degree assault and related counts stemming from the incident.

Weng shook the child, hit his feet with a bamboo rod, bit his calf and pinched him, according to court testimony. She took him to Maimonides Medical Center, where he was treated for internal head injuries, bruises and bite marks. The child is paralyzed from the neck down and has permanent brain damage, authorities said.

"This horrific violence against a helpless baby at the hands of his mother is disturbing and completely unacceptable," Gonzalez said. "Instead of protecting her child, this defendant nearly killed him and left him paralyzed. She deserves to be in prison for what she did."

SUPPLIED PHOTO

In addition to her 20-year sentence, Weng will also receive five years of post-release supervision.

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BRIEFS

Hulu signs deals with Disney, Fox for new streaming TV service
Video website Hulu on Tuesday announced deals to add programing from 21st Century Fox and Walt Disney Co. to a streaming TV service that it plans to offer in early 2017.

Disney and Fox, as well as Comcast Corp. and Time Warner Inc., own stakes in Hulu.

Hulu's live and on-demand streaming video service will include Fox's entertainment, news, sports and nonfiction content, along with video from Disney's channels including ABC and ESPN, it said in a statement.

Time Warner said in August it would pay $583 million to buy a 10 percent stake in Hulu and that its Turner networks, including TBS, Cartoon Network and Turner Classic Movies, would be available on the new service.

"With these two new deals

ISTOCK

in place, and additional partners to come, Hulu will soon give TV fans of all ages live and on-demand access to their favorite programs in a whole new, more flexible, highly personalized way," Hulu Chief Executive Officer Mike Hopkins said in the company's statement.

Hulu's customers watch shows on demand for $8 per month with commercials or $12 without them. The company has beefed up its customer service staff and has been hiring executives from outside and within to slow subscriber defections ahead of the introduction of its live-TV service. REUTERS

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Airbnb tells China users personal data to be stored locally

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U.S. short-term rental company Airbnb has told Chinese users it will store their personal data locally as foreign tech companies operating in China respond to increasing regulatory pressure.

The firm said in an email sent to Chinese users Tuesday that personal data will be "transferred to, stored, used and processed by Airbnb China … in accordance with Chinese laws and regulations."

The comments follow a blog post last week in which Airbnb announced the launch of a separate Chinese entity that will oversee the management of local data from next month.

Along with the launch of the Chinese entity, Airbnb announced a series of agreements with local city authorities, including Shenzhen, Chongqing, Shanghai and Guangzhou.

China has exerted increasing pressure on foreign tech companies operating within the country over the past year.

On Monday, the country's parliament held a second reading of a draft cybersecurity law that could require foreign technology firms to store certain "important business data" locally, including personal data.

Airbnb is not the only company to proactively move user data to local servers. Consumer electronics giant Apple began using servers provided by China Telecom Corp. on Chinese soil in August 2014.

Airbnb saw a fivefold increase in outbound Chinese customers in 2015, making it one of the company's fastest-growing such markets.

Airbnb is facing a handful of highly funded rivals in the local Chinese market, including Tujia.com, which raised $300 million in August 2015, valuing the home-rental site at more than $1 billion.

Xiaozhu.com, often dubbed China's Airbnb clone, also raised fresh funding in the third quarter of 2015, taking in $60 million at a valuation of over $300 million.

That is small compared with the fundraising for Airbnb in September that give it a valuation of $30 billion.

Chinese short-term rental services also include value-added services, including Tujia's cleaning services for high-end listings.

Xiaozhu offers a service where users can have a staff member visit individual houses and offer tips for improving listings. REUTERS

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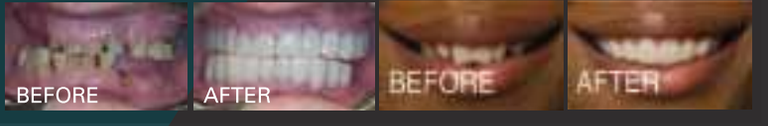

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Clinton camp: FBI must say what it knows about Trump's Russia ties

Announcement of more Clinton emails gives Trump slight bump in new poll Tuesday.

A top aide to Hillary Clinton on Tuesday urged the FBI to disclose what it knows about any ties between Republican Donald Trump and Russia, accusing the law enforcement agency of unfairly publicizing its inquiry into Clinton's email practices while staying quiet about Trump.

A week before Election Day, the Clinton campaign has been trying to contain damage from FBI Director James Comey's announcement on Friday of new emails that might pertain to Clinton's use of a private server while secretary of state.

Trump seized on the revelation to intensify his criticism of a rival he has long dubbed "Crooked Hillary" and welcomed a slight improvement for him in a new ABC/Washington Post poll on Tuesday.

Clinton campaign manager Robby Mook questioned why the FBI's director had not released any information about its investigation into Russia's role in the election or ties to Trump and his senior aides.

"If you're in the business of releasing information about investigations on presidential candidates, release everything you have on Donald Trump. Release the information on his connections to the Russians," Mook said on CNN.

"They don't say a thing when it comes to Donald Trump and investigations against him, yet when it comes to Hillary Clinton, for some reason, they are more than happy to talk."

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The FBI opened a preliminary inquiry into allegations that Trump or his associates might have had questionable dealings with Russian individuals or businesses, but found no evidence to warrant opening a full investigation, according to sources familiar with the matter.

The inquiry reviewed allegations that Trump or his associates might have engaged in contacts or commerce with individuals subject to U.S. or international financial sanctions or violated the Foreign Corrupt Practices Act.

U.S. intelligence agencies such as the Central Intelligence Agency and the National Security Agency, which generally are barred from investigating or spying on U.S. citizens, did not investigate Trump or his alleged dealings in Russia, according to three sources familiar with the matter.

The Office of the Director of National Intelligence and the Department of Homeland Security recently declared that they had concluded that the Russian government was trying to disrupt or discredit the U.S. presidential election and the broader U.S. political process by hacking into Democratic Party and Clinton campaign emails.

The United States has blamed Russia for cyberattacks on Democratic Party organizations.

REUTERS

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Ryan hits Clinton 'scandal baggage'

Speaker focusing on keeping control of Congress Nov. 8.

A Hillary Clinton presidency would bog down in "scandal baggage," House of Representatives Speaker Paul Ryan said on Tuesday, adding he was focused on defending Republican majorities in Congress in the Nov. 8 election.

Republicans have hammered the Democratic candidate as scandal-prone since FBI Director James Comey revived questions about her handling of emails while she was secretary of state. They have reasserted threats to investigate Clinton from her first day in office if she is elected.

"This is what life with the Clintons looks like. It's always a scandal, one after another, then there's an investigation," Ryan, the most senior elected Republican in the country, told Fox News in an interview. "You never know what's coming next."

"She will come in just like [President] Barack Obama did, but with her scandal baggage. I don't think that's what the American people want to see," Ryan said.

Opinion polls show Clinton maintaining her lead over Republican presidential nominee Donald Trump, although her advantage has narrowed slightly since early last week. The effect of Comey's news on voters' support is not yet clear.

Comey said on Friday the Federal Bureau of Investigation was looking into new emails that might pertain to a previously completed investigation into Clinton's use of a private server while she was secretary of state.

Trump and other Republicans have seized on the announcement, which indicated no wrongdoing on Clinton's part, to cast doubt on Clinton's integrity, hoping the news will damage not just Clinton but Democrats' chances of regaining control of one or both chambers of Congress.

Ryan maintained the arms-length posture toward Trump that he adopted after a 2005 video emerged last month in which the New York businessman was heard boasting about groping women.

Ryan said he had voted for Trump in early voting last week, but that his position had not changed and that he had no plans to campaign with his party's nominee, instead focusing on maintaining Republicans' control of the House.

"My focus personally right now is saving our House majority. I'm going to Indiana, Michigan, New York and Virginia today to fight for House Republicans," he told Fox.

While Republicans appear poised to keep control of the House, the race for the Senate remains evenly matched, according to an average of polls by RealClearPolitics.

Some conservative members of the Republican caucus in the House, unhappy with Ryan's treatment of Trump and his handling of other issues on Capitol Hill, have questioned whether he should continue as speaker after the election.

"We're all focused on beating Democrats on Nov. 8. All the rest of this stuff will sort itself out," Ryan told Fox. "I'm very confident where I stand with our members." REUTERS

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First-ever emojis to hang in Museum of Modern Art

Move over, Picasso.

MoMA will unveil its emoji installation in early December. GETTY IMAGES

Smiley faces and images of food and cats designed almost 20 years ago by a Japanese phone company and used in digital messages worldwide have now attained the status of art.

The Museum of Modern Art in New York has been licensed to display the emojis in its permanent collection alongside works by Pablo Picasso and Jackson Pollock, it said on Wednesday.

It was not clear how the emojis would be displayed at MoMA, but the installation is due to open in early December.

Japanese national carrier Nippon Telegraph and Telephone developed the original set of 176 emojis and released them for cellphones and pagers in 1999.

The 12-by-12 pixel images of hearts, arrows and hand gestures were the blueprint for the emojis widely used today, and they expanded the ways to communicate using the limited screen space available on devices of the time.

Paola Antonelli, a senior curator at MoMA's Department of Architecture and Design, said part of the museum's mission had always been to collect and display timeless art and design.

"Emojis as a concept go back in the centuries, to ideograms, hieroglyphics and other graphic characters, enabling us to draw this beautiful arch that covers all of human history," Antonelli said in a statement.

The original emojis, designed by developer Shigetaka Kurita, proved very popular in Japan, and the rest of the world soon caught on. By 2006, Alphabet Inc.'s Google was offering emojis for use in its Gmail service, and Apple added them in 2011 to its iOS messaging app. REUTERS

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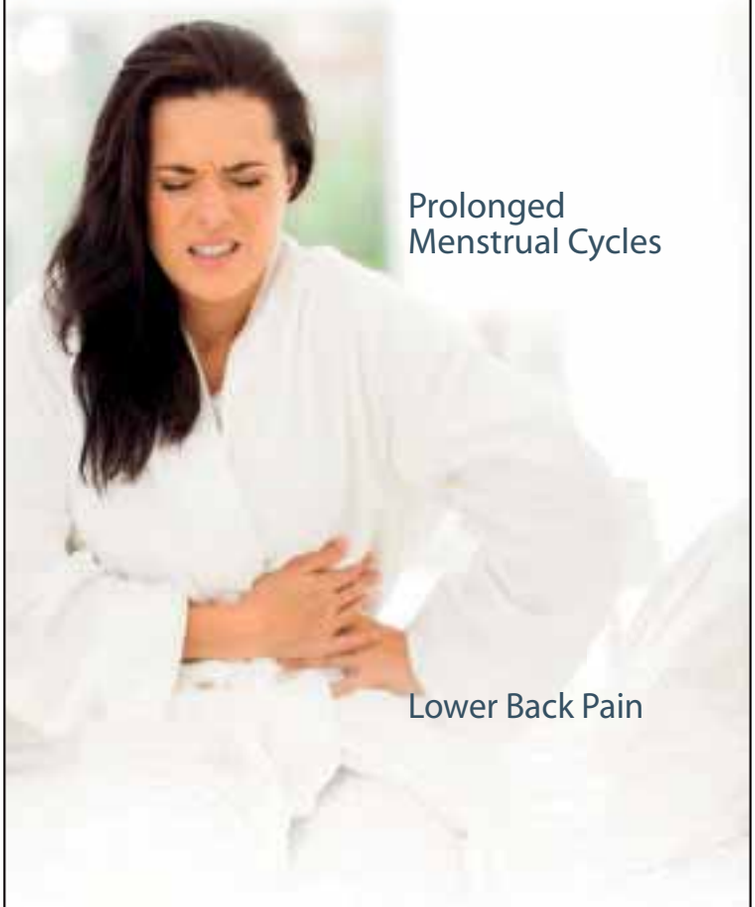

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Tesla, SolarCity shares fall ahead of merger details

Shares of Tesla Motors Inc. and SolarCity Corp. tumbled on Tuesday ahead of expected financial details from the electric carmaker on a pending $2.6 billion merger that has been met with widespread investor skepticism.

Shares of Tesla were down 4.1 percent in afternoon trading to $189.60 and shares of solar panel installer SolarCity were down 3.5 percent at $18.91.

Tesla was due to post additional information about the acquisition on its blog and website after the market close, followed by a question and answer webcast at 5 p.m.

Tesla Chief Executive Elon Musk, who is chairman of SolarCity and the largest shareholder in both companies, has described the deal as a "no brainer" that paves the way for a carbon-free energy and transportation company.

GETTY IMAGES

But many investors have not shared that opinion, and Tesla lost about $4.3 billion of its value with a share sell-off after the deal was first announced in June.

Shares of Tesla, as of Monday's close, are down 10 percent since the deal was made public.

SolarCity's board agreed to the deal in August. A vote by shareholders of both companies is planned for Nov. 17.

Tesla's offer, which represents about half of SolarCity's value a year ago, values SolarCity at $25.37 a share.

SolarCity, which has $6.34 billion in liabilities, including debt, has expanded dramatically in the last five years, but it relies heavily on borrowing money to finance its no-money-down residential solar installations.

The company's stock has fallen 63 percent so far in 2016.

Tesla itself has burned through over $600 million in cash in the first half of the year, and plans to increase spending this quarter in order to fund the launch of its mass-market Model 3 sedan, along with a massive battery factory in Nevada and other plans.

REUTERS

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[1] *The Washington Post*, Washington Bestsellers Paperback Nonfiction/General. March 29, 2009.

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THOUSANDS of knee arthritis sufferers flock for this advanced medica

Knee Arthritis Pain

Why patients come from Brooklyn, Queens, Long Island, the Bronx for this arthritis pain treatment . . . and why waiting c

By Matt Edgar - America's Health Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... But it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments

You see, many knee arthritis sufferers had already tried what seemed to be similar treatments to what we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many ... and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you ... and are now either pain free ... or eliminated quite a bit of their pain..

Here's the most important thing:

Many said they had seen this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get One Very Common Complaint ... And it is:

"I wish I started this treatment much sooner."

Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any of it back once it's gone.

All the more reason for you to *not* suffer even one more second than necessary. Missing life while suffering in pain is a tragedy. Isn't it time for you try to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW:
When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joint basically *"dries up."* The lubricating fluid that decreases is called *"synovial fluid"*. Pharmaceutical companies can now make synovial fluid-like compounds that… during treatment… doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replenish the lubricating fluid to the knee joint - cushioning the knee allowing it to move more freely and smoothly while often decreasing or even eliminating pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. But to be 100% clear - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years ... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and you walk out of the clinic just minutes after your procedure with nothing but a one inch band-aid on your knee.

But There Is A BIG Problem. The key is that the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get exactly into the knee joint and the treatment will not work. That's why the experts at ***NY Pain MD*** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** - so they can confirm the special medicine went directly into the knee joint and not into the surrounding tissues.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may be why.

In fact, by using Precision Arthritis Targeting Technology, ***NY Pain MD*** doctors are able to "double confirm" the precise placement of the natural arthritis medicines used. This is to help ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make- ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or formula, the experts at ***NY Pain MD*** use several. And great effort is taken to figure out which is best for YOU.

What To Do Next If You Are In Pain

Your Special Invitation

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***. To schedule a complimentary screening, all you have to do is call **800-227-KNEE**. The screenings can fill up fast every month. But, this screening is at no cost and there is no further obligation. Call **800-227-KNEE** to schedule your screening. Many of the procedures offered at *NY Pain MD* are often covered by many insurance plans, union plans, work comp and even traditional & AARP Medicare.

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Dr. Stanley Weiner, M.D. - Surgeon

I had (replacement) surgery scheduled last year. But three months before the surgery I decided to make an appointment with ***NY Pain MD*** I was amazed at the ease with which I was evaluated and the treatment schedule implemented. The results I had at ***NY Pain MD*** were outstanding. I cannot ask for better results. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's like exact science and I never had to have replacement.

Dr. Stanley Weiner MD

"Hey this feel terrific"

I was diagnosed with bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. That procedure is so basic so simple so quick in 15 minutes you are in and out. When I got up out of the chair I stood up and I said, "*Hey this feels terrific."*

"I don't have any pain any more"

After I had the treatments ... the last tune up ... I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more. **When I'm playing on the course I don't have any pain any more I don't have any aches and pain.** I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

"I'm able to do it again"

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... It's done and you're outta there. Now I'm able to take out my bicycle and we took a couple of rides out in the woods and we had a good time and . . . ***I couldn't do that for years and now I'm able to do it again.***

"I feel like a new woman - It's amazing"

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for treatment. You sit there for few minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the relief center I was taking painkillers and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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Colonial may open key US gasoline line by Saturday after fatal blast

Pump prices are unaffected even as gas futures rise by 15 percent.

Colonial Pipeline Co. said on Tuesday its main gasoline pipeline, a crucial supply source for the East Coast, could reopen as early as Saturday after an explosion in Alabama killed one worker and injured five others.

The blast on Monday occurred several miles from its biggest gasoline spill in nearly two decades in September that caused a 12-day interruption in the flow of about 1.3 million barrels per day of the fuel from the refining hub on the Gulf Coast to the Northeast.

The shutdown will restrict gasoline supplies to millions of Americans in the Southeast and possibly the Northeast. The Northeast could be less affected since it can get supplies via waterborne shippers.

U.S. gasoline futures soared 15 percent to the highest since June on the shutdown, but pared gains sharply to 4.6 percent to settle at $1.4841 per gallon after Colonial said it could reopen the pipe by the weekend.

Colonial said it would explore potential options to operate parts of its gasoline pipe, called Line 1, and would evaluate shipping gasoline on the distillates pipe, Line 2, which was briefly shut overnight by the incident.

During the September outage, the company shipped some gasoline on the line that usually transports diesel and jet fuels.

"If they are properly motivated, they can do the investigation and get the line up a lot quicker than the last one," said Richard Kuprewicz, president of Accufacts Inc., a pipeline advisory firm, referring to the September outage.

"My experience tells me that even with a fatality, I would not expect this to go as long as the last one."

Shippers using the East Coast supply artery were, however, bracing for a longer shutdown as Colonial said it was hard to predict a repair schedule.

Shippers and fuel companies were scrambling to secure supplies via sea or other alternatives to get fuel to the East Coast. Fuel retailers and consumers are likely to be most affected, though prices at the pump have not risen yet, even as gasoline futures have spiked.

North Carolina Gov. Pat McCrory said in a news conference the state gets 70 percent of its gasoline from the Colonial Pipeline and that he was exploring options for an extended outage.

North Carolina is one of several states that relaxed environmental and transportation rules for gasoline during the September outage.

Fatality could complicate restart

One person was killed and five others hospitalized in the incident that occurred when a nine-man crew working on the line in Shelby County hit Line 1 with a large excavator known as a track hoe, Colonial said.

A spokesperson for the U.S. Pipeline and Hazardous Materials Safety Administration (PHMSA) said investigators were on the scene. They noted that contractors were "reportedly" working on repairs on Line 1 related to the Sept. 9 spill.

Colonial did not respond to questions about whether the crew was working to restart the section of the gasoline

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- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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One worker was killed in a gas pipeline explosion in Alabama on Monday. GETTY IMAGES

line damaged by the September leak.

Brigham McCown, who headed up PHMSA for two years under George W. Bush, said the fatality could complicate restart efforts in upcoming days as multiple state and federal agencies investigate the incident. However, he said the details of how the rupture occurred may help speed the timeline.

"It's important to get out there, get on site, figure out who had what equipment where and who was giving what orders," said McCown.

The explosion took place in an unincorporated wildlife area outside Helena, Alabama. Colonial and the state's forestry commission were leading the response.

The 5,500-mile Colonial Pipeline is the largest U.S. refined products pipeline system and can carry more than 3 million barrels of gasoline, diesel and jet fuel between the U.S. Gulf Coast to the New York Harbor area.

Ryan Chandler, vice president at Colonial Group Inc., which is not connected to Colonial Pipeline, said he has been fielding calls from the pipeline's customers seeking access to its Charleston, South Carolina, and Savannah, Georgia, marine terminals.

Chandler's company manages three marine terminals in the Southeast and ships on the Colonial pipeline. He said during the September outage, business at the Savannah terminal jumped sevenfold, while Charleston jumped fivefold.

For inland markets in the Southeast, which do not have access to ports, alternative supplies can be harder to get.

The September spill led to long lines at the pump and a shortage of fuel in states like Georgia, Tennessee and Alabama. REUTERS

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Heidi Klum needs $16M loft to prep for Halloween

ALL PHOTOS GETTY IMAGES

Heidi Klum, with more than a dozen Halloween parties under her belt, has become just as famous for the annual bash as her modeling career.

The "Project Runway" host tries to outdo herself each year with a more outrageous costume. For this year's party, held in New York City, she brought a whole entourage — five clones to be exact — that popped out of a "Made in Germany" box on the red carpet.

Klum's 17th annual Halloween Party was held Oct. 31 at Vandal New York and reportedly included celebrity guests such as Neil Patrick Harris, Nick Cannon, Liev Schreiber, Serena Williams, Gabrielle Union, Trevor Noah, Ice-T and Coco, Kyle Mooney, Taryn Manning, Alan Cumming, Terrence Jenkins and Christian Siriano.

But before the star-studded event, the supermodel required a special "hideaway" to get ready for the event, according to Douglas Elliman. Acquired through the real estate agency and Booking.com, Klum prepped in a three-bedroom penthouse in the SoHo Gallery Building with panoramic views of the Manhattan skyline.

The apartment, located at 94 Thompson St., is on the market for $16 million, and stretches across three floors with 3,500 square feet of interior space and 2,200 square feet of exterior landscaped terrace space.

CRISTABELLE TUMOLA

Zayn Malik opens up about eating disorder in new memoir

It's not very often that we hear guys talk about body image and struggles with food and eating. But that doesn't mean they aren't affected by the same issues their gal pals are. Former One Direction member and current boyfriend of supermodel Gigi Hadid Zayn Malik opened up about his eating disorder in his new memoir, "Zayn," Perez Hilton reports. The 23-year-old, who has spoken publicly about his issues with anxiety, reflected on his One Direction days where he lost unhealthy amounts of weight.

"I didn't feel like I had control over anything else in my life, but food was something I could control, so I did. … I had lost so much weight I had become ill," he says in the book. "The workload and the pace of life on the road put together with the pressures and strains of everything going on within the band had badly affected my eating habits."

Kim Kardashian returns to social media, kinda

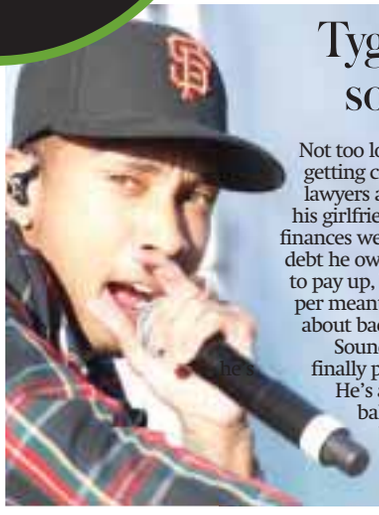
If you put money on Kim Kardashian not being able to stay off social media for a whole month, you're in luck — sort of.

Just three days shy of a month since her armed robbery in Paris, Kim updated her Facebook page with three new posts, reports People.

But they were vague at best. Two of the posts were links to content created by her sister Kourtney and her assistant, Stephanie Sheppard. The third post was a picture of Kim relaxing in a chair on her iPhone, with her Blackberry in her lap — the same Blackberry she publicly mourned in August. If you're following, this means it was an old picture; it's also since been deleted. So there's room for debate as to whether or not Kim was actually "on" social media.

Regardless, any activity will get the tongues of us on #KimKWatch2016 wagging. Keep the faith, squad.

Tyga finally pays off some of his debt



Not too long ago, we shared a chuckle about Tyga getting conveniently "sick" when questioned by lawyers about the expensive gifts he's bought for his girlfriend, Kylie Jenner. The "Rack City" rapper's finances were under scrutiny because of a $200,000 debt he owed a Los Angeles jeweler. Tyga was asked to pay up, but part of putting pressure on the rapper meant having Jenner subpoenaed to grill her about bae's finances, too.

Sounds like Tyga got the message, because finally paid $100,000 toward the bill, says TMZ. He's also set a date to have the remaining balance paid off: Nov. 17. All well and good, but it's not the first time Tyga has needed some court intervention to get his bills paid. Poor Kylie.

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Michael Moore: Don't start celebrating yet

In "Michael Moore in Trumpland," in select theaters and now on iTunes, the filmmaker/political provocateur does a one-man show in Trump-supporting Wilmington, Ohio. GETTY IMAGES

The filmmaker talks "Michael Moore in Trumpland" and still being afraid of election night.

MATT PRIGGE
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matt.prigge@metro.us

Michael Moore has already voted. He sent in his absentee ballot the other day. No guess who he voted for. But a Trump presidency is still something that scares him. Moore is so worried that he released an eleventh hour movie, "Michael Moore in Trumpland," now in select theaters and on iTunes. It's not your typical Moore documentary; it simply shows a live performance he gave in Wilmington, Ohio — a one-man show about the election he delivered to a crowd of mostly Trump supporters.

I was feeling pretty good about the election after the debates, but not so much after the email scandal Friday.

I've been nervous even before this. This only makes it worse. I live in Michigan, in what I call one of the Brexit states. The polling we woke up to the morning of the primary back in March showed Hillary trouncing Bernie from anywhere from 15 to 30 points. Twelve hours later she lost to Bernie. Every poll was wrong.

Do you feel the emails will have as much of an impact on the polls as some are claiming?

I don't think it will change a single vote. I do believe two things. I believe for people who were planning on not voting, that might have been the last straw, and now they're going to vote for Trump. The other group I'm worried about is the Hillary voter. Ten percent of her vote got depressed over the weekend. That means they're going to vote for her but not enthusiastically. Which means they're not going to bring anyone to the polls with them. That's harmful. Everybody should be scared s—less about this and keep working for the next six days.

I'm also concerned about the undecided voters who were going to vote.

I'm more concerned about Bernie voters, which I'm one of. They're still angry. I say to them, "What are you angry about? We got a socialist elected to the primaries in 22 states! [Hillary's] adopted two-thirds of his platform! That never happens! If the Democrats get the Senate back, guess who's the chairman of the Senate Budget Committee? Bernie Sanders, the socialist, is going to be in charge of the budget! Why are you angry?" Bernie voters should be taking a bow, going into the booth, voting for the first woman ever to be nominated in this country as president of the United States. And the next day we should be busy keeping the Bernie revolution going, supporting her in the good things she does and challenging her when she doesn't do them.

GETTY IMAGES

Even if Trump loses, I'm afraid he's awoken a part of the country that won't go away.

They will go away. Just like the segregationists went away. When I was young, people were saying, "The people who use the n-word all the time will never go away." How often do you hear the n-word nowadays? Those people do go away. The haters lose. Haters always lose. They win for a while, and then they don't.

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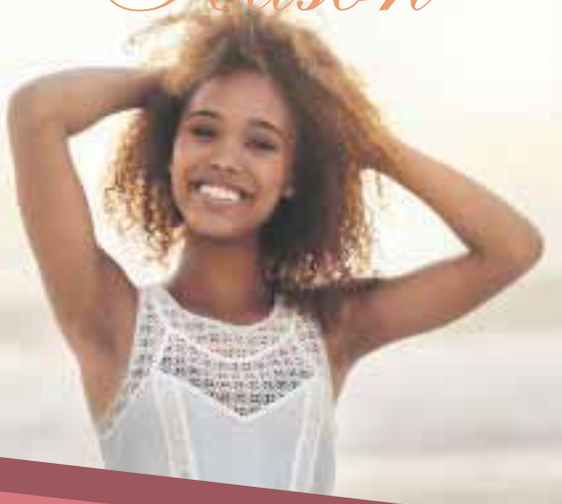

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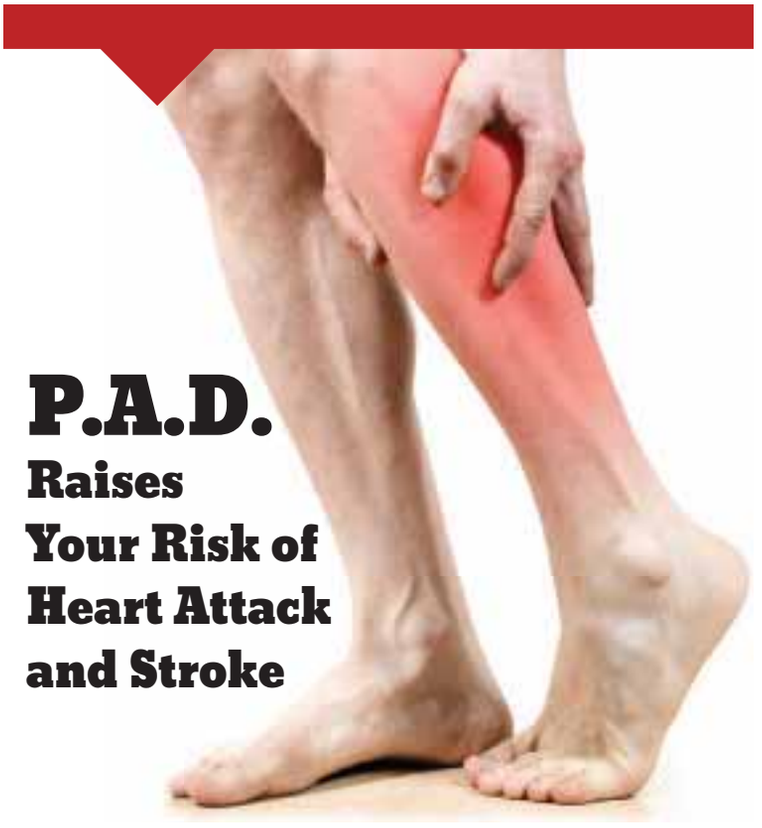

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Sting's 'spontaneous' comeback

Sting's 12th solo LP "57th & 9th" drops Nov. 11 from Interscope/A&M Records. GETTY IMAGES

With "57th & 9th" the former Police frontman embraced a chill.

ROSA GAMAZO
Metro World News
letters@metro.us

Prince, David Bowie, climate change and the refugee crisis spark Sting's first record in 17 years. The album, "57th & 9th," named after the intersection the 65-year-old crosses every day to get to the studio, was recorded in just four months and features his touring drummer Vinnie Colaiuta and guitarist Dominic Miller, and Jerry Fuentes and Diego Navaira of the Tex-Mex band The Last Bandoleros.

The former Police frontman chats about the ever-changing musicscape, social issues and the cold tingle he got while penning one of the songs for his 12th solo studio album, which drops Nov. 11.

Your new album sits firmly in the pop-rock genre, but did you consider going offbeat and doing an electronic record?

[Laughs] An intrinsic part of a musician's life is to create the wow factor, which comes down to the instruments as well as what your songs say. For example, in recent years, I've made records that had a more esoteric touch simply for the fact that a theme caught my attention and I was curious to learn new things. Perhaps people assume that I will continue doing the same, which they may or may not like. But I was clear that with this album, I wanted to do something new and surprise people with something different.

I wanted the public to hear something from me that they were not anticipating. Certainly, I could have also surprised them with an electronic music record. [Laughs] This album was something spontaneous, recorded very quickly and done with friends. Every day, I went to the studio in New York where I met with my guys and we would work. When I got back home I would try to give more shape to what we had done, find a story and turn it into song. For me, the experience was

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to enjoy myself.

Is it easy for you to find inspiration?
It is very difficult. The first song, called "I Can't Stop Thinking About You," is a song about obsession. It's really about a writer who sits in front of a blank sheet that looks like a snowy field. Your job as a writer is to write something and dig to find something — a muse, an idea and something to inspire you. The dilemma for any writer is to find inspiration. Music for me flows much faster and I get it in a more natural way, but the inspiration to write the lyrics of the song comes from a much more mysterious place that I really do not understand, but I know if I have patience and discipline it will come.

In a way, I want to find myself in a somewhat uncomfortable situation because my life, as you can imagine, is very privileged. Where I live in New York, I have a terrace and during winter when it is freezing cold, below zero degrees, I lock myself out with my paper, my pen and my music and do not enter the house until the song is finished. It is a way of inspiring me and forcing myself to write. I did this for many days. I was terribly cold and so my first song refers to that.

Do you have a love-hate relationship with music?
It is definitely an obsession. Sometimes it can be a curse. A musician has to analyze music. If you hear it in an elevator or in a supermarket and you don't like it, you can't disconnect because you're constantly analyzing it. So I very much appreciate silence and concentrate on what I do. I'm not sure if you saw the article that was written on a scan of my brain, which I had at the University of Montreal. First of all, they found a brain, which is great. [Laughs] Basically they put on different music, some I liked and some I didn't. The conclusion was that musicians listen with more parts of the brain than other people. So we're cursed and blessed at the same time.

Kenzo x H&M hits stores this week

This season's most anticipated designer collaboration is finally here.

TINA CHADHA

Forget dark hues — your fall wardrobe is about to get a maximalist makeover.

On Thursday, Nov. 3, shoppers can finally get their hands on the print-powered Kenzo & H&M collection in stores and online. For their collab with the Swedish retail giant, Kenzo creative directors Humberto Leon and Carol Lim — known for their bold prints and lux streetwear — looked to the past.

The duo wanted to honor the legacy of designer Kenzo Takada, the free spirit who broke down barriers in the late 1960s as the first Asian designer in the exclusive Paris fashion scene. So for the first time since taking the helm of the French fashion house, Leon and Lim dipped into the brand's archives.

The results are mix of dazzling, in-your-face prints and patterns — tiger stripes, Day-Glo colors, ethnic textiles, boho silhouettes, kimono jackets — that will keep you looking far from basic. Here are some of our favorites from the line.

NYC locations carrying the collaboration

- Herald Square
- Times Square
- 48th St. and 5th Ave.
- Penn Station
- Queens Center
- Fulton Mall, Brooklyn
- 18th St. and 5th Ave.
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How to get ready for 'Gilmore Girls: A Year in the Life'

"Gilmore Girls: A Year in the Life" premieres on Netflix on Nov. 25 NETFLIX

Your countdown to the hotly anticipated Nov. 25 revival.

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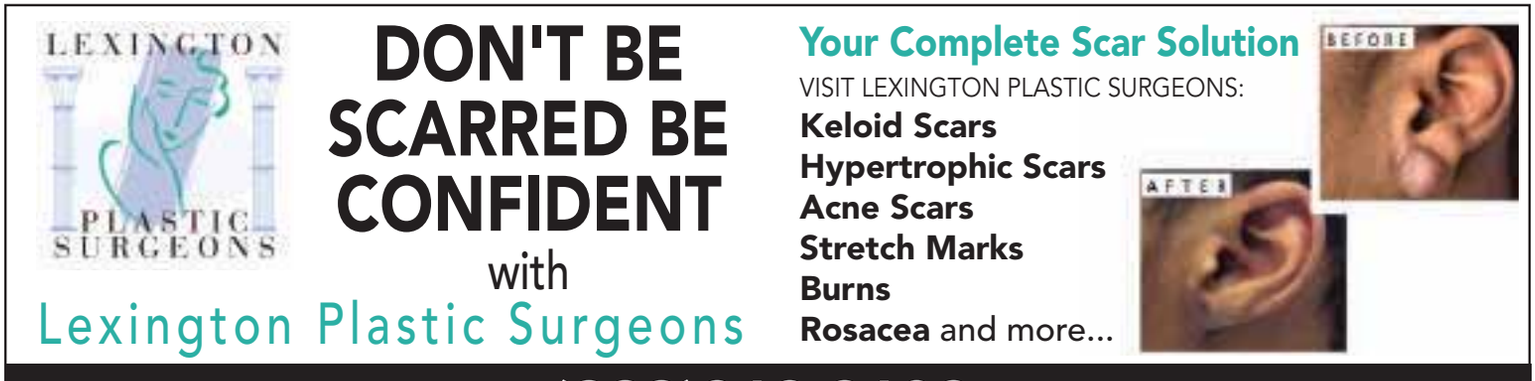
We're three weeks and two days away from the "Gilmore Girls" revival, and the frenzy keeps building. In the weeks leading up to Netflix's four-part "A Year in the Life" on Nov. 25, we've seen Luke's Diner takeovers across the country, "Gilmore Girls"-themed contests and gimmicks galore. Since the trailer was released last week, the internet is teeming with theories about what the heck's going on, with varying degrees of plausibility (we really doubt Kirk's at Friday Night Dinner because he's dating one of the Gilmore ladies, as David Stanley suggested over at GilmoreNews.com). And, yes, in case you didn't know, there really is a GilmoreNews.com.

Besides bingeing on all seven seasons available on Netflix, setting up a Google alert for "Gilmore Girls" (which we may or may not have done) so as not to miss one iota of internet chatter, and having overcaffeinated arguments with your friends about #TeamJess vs #TeamLogan vs. #TeamDean (#TeamNoneofThem is the winner), there are plenty of fun ways to immerse yourself in the land of Stars Hollow ahead of the comeback. Here are a few ideas we came up.

Listen to the Gilmore Guys podcast

If you're out on the road (or riding the train) feeling lonely in your love for "Gilmore Girls," all you have to do is put on an episode of the Gilmore Guys and ... you'll find instant companionship. Gilmore Guys is two dudes, longtime "GG" fan Kevin T. Porter and relative newcomer Demi Adejuyigbe, who are both writers and comedians, discussing each episode in length, plus recurring segments such as "Pop, goes the culture" in which they play back a supercut of each pop culture reference in the episode, or their "Fa fa fa fa" fashion report, in which they dish on what everybody was wearing. Pick a favorite episode to rehash through their voices, or tune in for one of their "Gilmore Gabs," in which they talk with cast members from the show, including Scott Patterson (Luke) and Kelly Bishop, who plays matriarch Emily Gilmore. Oh, and there's plenty of singing, of the show's

Not takeout menus PROVIDED



theme song, "Where You Lead," and random tunes (R. Kelly's "I Believe I Can Fly," for example) that somehow doesn't get annoying.

Eat like a Gilmore

Whether you're hosting a watch party or a bespoke version of a Luke's Diner takeover, let this cookbook be your guide. Writer and chef Kristi Carlson's "Eat like a Gilmore" is a Kickstarter success story that includes 100 recipes either eaten, served or mentioned on the show. As she writes in the intro, "To eat the way Lorelai and Rory eat at home, all you need is a drawer full of takeout menus, a magnet on the fridge with the number for the pizza place and a convenience store down the street." True. But, if you want to throw your own Friday Night Dinner, you'll find a recipe for Emily's tried-and-true salmon puffs, or a meal of roasted squab, written to seem as easy as sauteing a chicken breast. Shout-outs to Sookie St. James include her iconic risotto and to-die-for peach sauce that she literally bled over in the pilot.

Make your own pilgrimage to real-life Stars Hollow

OK, so you probably missed that Gilmore Girls Fan Fest weekend, aka, the stuff that Gilmore fans' dreams are made of. (Anyway, we hear it rained.) You still have three weekends ahead of you until the revival, and then, really, your whole lifetime, to curate your own Stars Hollow getaway! Priceline.com is offering deals on car rentals and hotels in Washington Depot, Connecticut, and neighboring towns Guilford, New Milford and Litchfield. Understandably, a night at The Mayflower Grace, on which show creator Amy Sherman Palladino based The Independence Inn, is a bit steep (from $675/night) but you can find charming, affordable alternatives like the Litchfield Inn (from $109). Once you're there, you can plan a whole itinerary of stop-offs at local haunts that evoke the show, such as Theo's Downtown Diner (Luke's Diner vibes) in New Milford, and Bradford House Antiques (Mrs. Kim's Antiques vibes) in Litchfield.

Nerd out to "Gilmore Girls" trivia

Pop culture-focused Trivia, AD, known for "Friends" and "Stranger Things" trivia nights, has several upcoming "Gilmore Girls"-themed trivia nights this November devoted to testing your knowledge of all things Stars Hollow—including one tonight, at 'Merica NYC in the East Village.

Read like Rory

Rory devours books like Lorelai downs cups of coffee. What better way to get hyped for "GG" than to coax out your inner book worm? The Gilmore Girls Book Club meets each month at Word Bookstore in Brooklyn's Greenpoint neighborhood as well as in Jersey City to discuss one of 339 books referenced in the show, (past picks include Zadie Smith's "On Beauty" and "Please Kill Me: The Uncensored Oral History of Punk" by Legs McNeil and Gillian McCain) with the exception of their next meeting, Dec. 4, at Word Greenpoint, which is more revival-focused. They will be discussing Elena Ferrante's "My Brilliant Friend" because, in a recent promo video, Rory tells Michelle Obama she's hyped about reading the "Neapolitan novels."

If you can't make it to Jersey City or Brooklyn, you can always start your own book club, pulling from the aforementioned list of 339 titles, which is available on BuzzFeed.

Attendees at the Gilmore Girls Fan Fest in Washington Depot, Connecticut, braved the rain for a chance to experience "real-life" Stars Hollow for a weekend. CHELA CRINNION

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TINA CHADHA
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We all have that pile: special photos, prints and mementos we've been meaning to frame for years but can never manage to find the time. But thanks to Framebridge, you can soon have the gallery walls of your Pinterest dreams.

The design service takes the anxiety — and huge price tag — out of custom framing. The process is simple: You upload a digital file or mail in your piece of art (Framebridge takes care of the shipping cost) and chose one of the service's superchic frames. It will custom frame your work and ship it back a few days later. The best part: All the frames are under $160.

Before we go on a framing bender (did we mention it's $39 to frame an image from your Instagram?), we checked in with Creative Director Tessa Wolf to talk tips and trends.

Where to start

Choose two or three pieces that mean the most to you and start with those, says the expert. When selecting the frame, "we say you should choose the frame for the art, not for where it's going to go," Wolf says. Of course, you should make sure it works with your décor, "but if it looks beautiful with the art," she says, "you're going to like it no matter where you put it."

Pair a traditional frame with a quirky illustration, says the expert.

How to get big impact with prints that are low-res?

Wolf doesn't love blowing up a low-resolution photo. Instead, she recommends a collage or a gallery-wall grouping of small prints. "We want to set you up for success, so our team of designers reaches out if they see something isn't printing in the right resolution," she explains. Framebridge's software lets you know automatically if your pic is too low-res to print. But don't think that because your photo came from your phone that you can't get a high-quality print. "The cool thing with iPhone pictures is they're good now — we blow them up to like 22 x 30 and they print really high-quality," she adds. "[And] if you add a mat, it makes the overall piece even bigger at the end."

Tessa Wolf's cheat sheet

Go for a no-fail black: "A black frame with a white mat looks amazing with anything you want to look editorial and clean. And it will look good in any setting."

Show off its age: "When you're framing an item and you want to show off the edges, we recommend float mounting — which means the work floats above a mat board — and really shows off all of the aging and detailing, like with an old map or postcard. I think float mounting against a white mat in a white frame or in a natural-wood frame looks really sophisticated."

Pair quirkier pieces of art with really regal frames: "It's one of my favorite ways to frame something. If you have a really modern piece of art like a black-and-white abstract, to put it in a very classic metallic frame just looks awesome. This also allows you to put it anywhere and it gets a lot of attention."

Trends in framing

The experts at Framebridge live and breathe gallery walls, and are quick to spot trends as they're born. "We're seeing a lot of grid gallery walls," says Wolf. For this technique, you frame, say, nine photos or pieces of art that are exactly the same size and arrange them in a perfect grid. "It just has a ton of impact above a big piece of furniture or an empty wall," she says.

If you're a risk-taker, take your cues from the design world's obsession du jour: black walls. "Everyone has had white walls forever, and white framing for a long time was superpopular," Wolf says. "But now that we're seeing black walls, we're seeing people use black frames with black mats in the same way that people were using white with white. I just love the look of anything on a black wall."

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Jets' defense making some strides

It's far from perfect, but the New York defense is improving.

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The Jets' secondary still has its plight, but at least for head coach Todd Bowles, his front seven has managed to pick up a majority of the slack during its recent winning streak.

Sunday's comeback win over the Cleveland Browns, where the Jets erased a 20-7 halftime deficit, featured some of the same errors that plagued the Jets (3-5) during their recent four-game skid. Cornerback Darrelle Revis was undressed by wideout Terrelle Pryor in the first half, as the former quarterback racked up 101 receiving yards before the two-minute warning. Browns quarterback Josh McCown hooked up with receivers on the deep ball often in that first half, including completions of 35, 32, 32, 24, 18, 17, and 15 yards. Those kind of numbers — and the amassed deficit — makes the Jets' comeback even more impressive, regardless if the Browns are still winless.

McCown completed 16 of 22 passes for 228 yards in the first half and looked sharp in carving up New York's defense. But something changed for Gang Green after the break, and it came in the form of an offense with renewed energy and purpose, and a defense that flipped the switch. McCown was a paltry 9 of 22 for 113 yards in the second half, and he threw both of his interceptions after the break.

It was as if the defense said they had enough and decided to play up to its potential.

Bowles has been impressed with the defense — particularly his linemen — in the recent two-game winning streak. He noted that the versatility has been a real key in the unit's resurgence.

Muhammad Wilkerson and Leonard Williams celebrate earlier this season. GETTY IMAGES

"We've utilized them in different ways, different weeks. But all four of them can do different things at different times," Bowles said. "[Defensive ends] Sheldon [Richardson] and Leonard [Williams] had good ball games. [Defensive end] Mac [Steve McLendon], too. As has Mo [defensive end Muhammad Wilkerson]. Going forward, depending on the game plan, we'll use them all in different ways as we see fit."

The Jets' quasi-resurgence can be tied to a defense that's seemingly beginning to find its form. Sure, it was against the struggling Baltimore Ravens (3-4), who are losers in four straight, and the winless Browns (0-8), but a revival must start somewhere.

The next order of business, though, must be for Bowles and company to figure out a way to start hot and maintain the momentum instead of trying to use a wake-up call like an early deficit to kick-start matters. The coach is hoping his defense will be able to set the tone during a three-game stretch that is very winnable, and the best way to get the Jets back to the .500 mark, is in Miami, on Sunday.

Bowles reasoned a faster start will help cushion the blow any time adversity happens, since morale always seemed to lessen any time an opposing offense executed a big play against them during the four-game slide.

"We always try to play that style [attacking and aggressive] in the beginning, but sometimes when big plays happen, here and there, they kind of put a damper on things and you don't try to do as much," Bowles said. "And when you get behind and teams do certain things, your aggressive personality goes away."

NFL power rankings | by Luke Miller

No. 1

Patriots (7-1)

The Patriots celebrated their revenge beatdown of the Bills by sending Jamie Collins to the Browns for a draft pick. Apparently you can afford to look to the future when you open up a three game lead between yourself and the rest of the division in Week 8.

No. 2

Cowboys (6-1)

Sean Lee was a one-man wrecking ball for the Dallas defense on a night when the Cowboys needed every play they could get. This wasn't the Cowboys' most impressive night, but their résumé is padding out, and they've now got a two-game lead over the rest of the division.

No. 3

Broncos (6-2)

Even though Wade Phillips was taken to the hospital following a sideline collision or, to use Phillips' words: "I got run over," this defense still didn't hesitate to score seven points of their own and intercept Philip Rivers three times. Rivers had only thrown four picks in the previous seven games this season.

No. 4

Chiefs (5-2)

After a rough day for Alex Smith — checked for a concussion twice and diagnosed with one once — the Chiefs can't feel in terrible hands with Nick Foles. With the Colts focusing on the run the Chiefs had their best passing day of the season no matter who was at quarterback.

No. 5

Raiders (6-2)

Somehow, trapped inside a game in which the Raiders outgained Tampa by almost 400 yards, Derek Carr threw for a team-record 513 yards, and they came from behind twice to win in overtime, were 23 penalties for 200 yards. Clean that up, Raiders. The AFC West doesn't look to be easy pickings.

No. 6

Vikings (5-2)

Make that two straight poor performances and some very unnerving problems along the offensive line for Minnesota, which has let 11 sacks of Sam Bradford endanger their most promising season in years. They'll be relying on Bradford, who they spent a first-round pick on this offseason.

No. 7

Seahawks (4-2-1)

Russell Wilson has gone three straight games without a touchdown pass, his last one coming in Week 4. By the time the Seahawks take the field again, it will have been a month since his last pass found the end zone. They need to find a way to score when their offense is on the field.

No. 8

Falcons (5-3)

Despite a couple losses, the Falcons look to be in the game to stay this season, unlike a year ago, when their first loss led to a shocking streak that unraveled the season. Averaging four points more per game than any other team in the NFL, they are licking their chops to face Tampa on Thursday.

No. 9

Eagles (4-3)

The Eagles were unable to make a move for a wide receiver before Tuesday's trade deadline. If help isn't going to come from abroad it needs to start showing up from within. No Eagles receiver has had a 100-yard game since Jordan Matthews did it in the opener against Cleveland.

No. 19

Giants (4-3)

For some reason, it feels like the Giants' bye lasted a lot longer than a week. Still, they sit here with a winning record, as many wins as the Eagles and the Redskins, and will host Philadelphia this Sunday with second place in the division on the line.

No. 25

Jets (3-5)

If the Jets treat this season like they treated the second half against Cleveland, they may not be out of this thing yet. It's a long road back from 1-5, but like the Chiefs last season, the Jets' schedule was front-loaded. Dolphins, Rams, Colts, 49ers up next.

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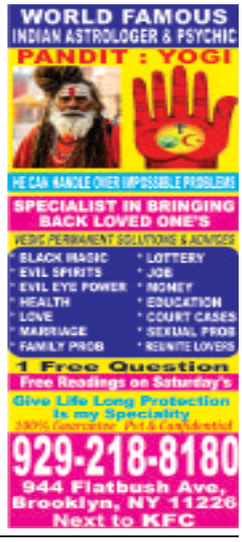
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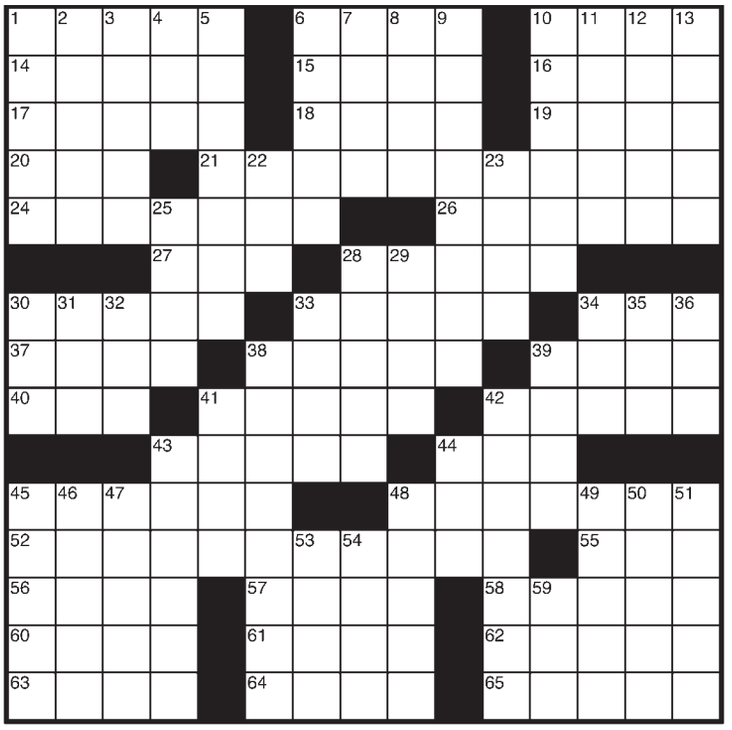
metro.us/crossword

Across
1 Fossil resin
6 Spring peeper
10 In case
14 Bogus
15 "Fatha" Hines
16 Not sunnyside up
17 Promotes
18 Stead
19 Machu Picchu site
20 Be off base
21 Use one's influence (2 wds.)
24 Gift toppers
26 Past and future
27 Finish
28 Crooked
30 Decided on
33 Scrawny
34 Scot's turndown
37 Trip around the sun
38 Salt away (2 wds.)
39 Leafs out
40 Ms. Tyler
41 Lobster source
42 Urban dwelling
43 Metaphysical poet
44 Fictional collie
45 Violent, as a storm
48 Show-off
52 Lava, finally (2 wds.)
55 Do very well
56 Thicken, as cream
57 Nefertiti's god
58 Slacker
60 Catcher's base
61 Airport exit
62 Exploding stars
63 Big pitcher
64 Got a load of
65 Public tiff

Down
1 In the wake of
2 Early New Zealander
3 Dust jacket come-on
4 C'-- la vie!
5 Write or call
6 Cuts down
7 Staircase part
8 Raw metals
9 Excessive eating
10 Bounding along
11 Levels off
12 Suit material
13 Tie a turkey
22 And, for Wolfgang
23 Ripped apart
25 Sudsy drink
28 Hollywood's "Duke"
29 Cartoonist -- Goldberg
30 Olive in the comics
31 Canadian prov.
32 Hebrew T
33 Dow uptick
34 Cell habitant
35 Explain further
36 Anka's "-- Beso"
38 Tongue
39 Hunks' assets
41 Pre-stereo
42 Willow blooms
43 Calorie counter
44 Rapper Tone --
45 Nouveau --
46 Softly lit
47 Dwarf
48 Put an edge on
49 Split
50 Barracuda habitat
51 Not wordy
53 Command to Rover
54 Nerve network
59 Physician, casually



metro.us/sudoku

easy

		9	8			1		
	2				9		3	8
	1			6				4
5		7					4	
2			7		6			9
	4					8		2
9				5			8	
4	5		1				6	
		6			8	7		

hard

	7	1	4		8	5		
	9	6	2					
4	8			3				6
			8			1		2
7		3			5			
8				5			6	1
					4	2	7	
		7	1		6	8	3	

metro.us/horoscopes

Aries Dealing with institutions will be difficult. An unexpected offer will come from an unusual source. Don't overreact, overspend or give in to indulgent tendencies.

Taurus Be careful when dealing with volunteer groups or people looking for handouts. Your time, money and effort are best used for personal gains, not for helping others.

Gemini You'll be drawn to someone who may take advantage of you. Don't let your emotions take charge and cost you a promotion. Don't mix business with pleasure.

Cancer An unusual offer will tempt you. Reach out to someone you've collaborated with in the past and you will be given more options. Focus on a creative endeavor.

Leo You need to double-check important papers or your financial status. An unexpected development will lead to questions. Personal improvements will boost your ego.

Virgo Complications will surface between you and a member of your family. Use your intelligence and read between the lines in order to get to the root of the problem.

Libra Plan a get-together with friends or someone from your past whom you can't stop thinking about. The information you receive today will have an emotional impact on you.

Scorpio Think outside the box and jump at the chance to use your skills in new ways. A creative approach to whatever you do will lead to recognition and rewards.

Sagittarius Emotional issues will make you transparent. If there is something you want to keep secret, don't share it with anyone, including your closest confidantes.

Capricorn You'll find it difficult to determine what other people are going to do next. Your best option is to stay focused on taking care of your responsibilities.

Aquarius It's a good day to update personal papers, sign contracts or hash out agreements. A physical change will lead to compliments. Romance is highlighted.

Pisces You'll have trouble getting to the bottom of a personal matter. Ulterior motives are apparent. Ask pointed questions to avoid being misled or misinterpreted. EUGENIA LAST

Yesterday's answers

T	I	D	A	L	■	S	I	D	E	■	A	J	A	R
O	M	A	H	A	■	E	R	O	S	■	S	O	L	O
M	A	D	A	M	■	N	A	R	C	I	S	S	U	S
E	N	S	■	P	E	O	N	Y	■	D	E	E	M	S
■	■	■	Y	O	U	R	■	■	B	O	T	■	■	■
A	U	P	A	I	R	■	P	U	L	L	S	U	P	■
S	M	A	L	L	■	K	I	T	E	S	■	L	S	U
H	I	R	E	■	R	E	N	E	W	■	S	T	A	R
Y	A	K	■	L	O	P	E	S	■	B	E	R	L	E
■	K	A	T	Y	D	I	D	■	C	R	E	A	M	Y
■	■	■	H	I	E	■	■	R	E	I	N	■	■	■
C	U	M	I	N	■	S	P	I	E	D	■	H	I	M
I	S	I	N	G	L	A	S	S	■	A	L	I	C	E
T	E	L	L	■	E	L	S	E	■	L	O	V	E	R
E	D	D	Y	■	A	T	T	N	■	S	U	E	D	E

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CONGELACIÓN DE RENTA EN
LA CIUDAD DE NUEVA YORK

Evelio, Manhattan

Hay dos formas en las cuales los neoyorquinos que viven en apartamentos de renta regulada pueden **congelar su renta.**

- **Apartamentos de Renta Estabilizada:** La Junta de Regulación de Renta votó por un aumento de 0% en renovaciones de contratos de renta a 1 año y un máximo de 2% de aumento en renovaciones de contratos de renta a 2 años. Esta regulación está vigente a partir de hoy y hasta el 30 de septiembre del 2017.*
- **El Programa de Congelación de Renta:** Si usted tiene 62 años o más o tiene alguna discapacidad y sus ingresos son iguales o menores a $50,000, podría ser elegible para una congelación de renta a largo plazo.

Para aprender más sobre la decisión de la Junta de Regulación de Renta o para determinar su elegibilidad para el programa de Congelación de Renta de La Ciudad de Nueva York, por favor llame al **311** o visite **NYC.GOV/FREEZEYOURRENT**
Por favor, llame al 711 para el sistema retransmisor para personas sordas o con dificultad auditiva.

* En algunos casos, puede que apliquen otros aumentos a su renta.

NYC Department of Housing Preservation & Development

NYC Department of Finance

NYC RENT FREEZE

Dustin, Bronx
Luda, Brooklyn

There are two ways New Yorkers living in rent-regulated apartments can **freeze their rent.**

- **Rent-stabilized apartments:** The New York City Rent Guidelines Board voted for a 0% increase for one-year renewal leases and no more than a 2% increase for two-year renewal leases between now and Sept 30, 2017.*
- **NYC Rent Freeze Program:** New Yorkers 62+, or with a disability, who earn $50,000 or less may be eligible for an even longer rent freeze.

To learn more about the Rent Guidelines Board's decision or determine if you qualify for the NYC Rent Freeze Program, please call **311** or visit **NYC.GOV/FREEZEYOURRENT**
Please call 711 for relay service for deaf/hard of hearing.

*In some cases, other rent increases may apply.

NYC Department of Housing Preservation & Development

NYC Department of Finance